

# Worksite Wellness Success Stories

Jan - Apr 2008

## Biggest Loser Challenge 2008 Work-Fit at MDOC, Jackson



The [Biggest Loser Challenge 2008](#) runs from January 14th through April 14th. "We have made some changes this year that places more responsibility on the individual. Our goal is to give participants the tools and the encouragement to make LIFESTYLE CHANGES not just compete in a weight loss contest." said Traci Jo Hubbard, ATC, Work-Fit Program Manager, Michigan Department of Corrections.

**"We realize it is about choices that we make everyday.** By requiring individuals to complete a food journal, this will be an eye-opener for some. ...many don't realize how much they consume throughout a given day. We have nutritional software that we will then input their journals - it will provide a breakdown of where the calories come from and if they are meeting the RDA...This will then allow participants to share this information with their personal medical doctor and/or nutritionist/dietician to better develop a healthy eating plan."

Hubbard went on to say, "We are also doing waist-to-hip ratio measurements. We are looking to show how important it is to educate our employees that it is a WAY OF LIFE more than just losing weight. Anyone can lose weight to win some extra cash but then not change any of their behaviors that caused the problem to begin with...it's all about accountability and reaching the goal of becoming healthier and happier in 2008. Work-Fit's goal is to be an agent of change by making "health" personal for MDOC employees."